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- "Section A"

MCQs:

1. B
2. C
3. C
4. A
5. C
6. B
7. C
8. A
9. A
10. D
11. D
12. C
13. D
14. E
15. C
16. C
17. D
18. C
19. D
20. B
21. A
22. A
23. B
24. C
25. D
26. C
27. D
28. C
29. A
30. D
31. C
32. B
33. B
34. 24_48 hours
35. D
36. C

- "Section B"

Question1: Briefly explain how hydrotherapy produces?

Answer:

It also involves immersion of the body in water. It therefore aims at using temperature based hydrotherapy techniques, such as the effects of hot and cold water on the skin as well as the underlying tissue. When used, hot water causes sweating and relaxes muscles.

Physiological effects of hydrotherapy:

Cleansing:

- Pressure: (Force=Rate of flow)
- Dissolved antimicrobial agents, etc.
(wounds)

A; Musculoskeletal Effects:

Decreases weight bearing (Arthritis)

- 75% immersion | WB 75%
- Increases blood flow to muscles
- Strengthening

Decreased bone density loss

Decreased fat loss

- Compared to other forms of exercise

Good for obese secondary to non_ weight bearing exercise.

- Not good for general weight loss.

B; Cardiovascular Effects:

Increased venous circulation

- Secondary to hydrostatic pressure,

increased venous pressure.

Increased cardiac volume

Increased cardiac output

- Up to 30% while upright to neck

Decreases HR and Systolic BP (cool water)

- May increase in warm or hot water.

C; Respiratory Effects:

Increases work of breathing.

Due to hydrostatic pressure on lungs.

- Up to 60%
- May need to be very careful with respiratory and/or cardiac patients.

Decreases exercise_ induced asthma:

- High humidity